

position, in a spirit of love is the one that is growing in grace.

The new creature is not a marble statue or a transparent piece of crystal which has purity but not life. It is a living spirit and therefore active. And as the apple is not the cause of the apple tree, but the fruit of it, even so good works are not the cause of our salvation but a sign and a fruit of the same.

We may have hours of unrest, hours of dull spiritual apprehension. The danger is that these hours may lengthen into weeks or months of spiritual apathy, and end at last in a condition of total darkness. It is good to wait trustingly in God. He cannot disappoint us at such a time. Let the soul in the night watches cease not to enjoin upon itself—waiting.

There are heart sicknesses known to earth more real and distressing than any physical malady. Times there are in each human life when the sharp sword pierces to the very centre of the soul. Speaking after the manner of this world the agony seems to be greater than can be borne. What then? Shall we sink down in despair, or shall we take refuge in a self-constructed stoicism? No. There is a better way. Jesus triumphed over his sufferings not by cold severity of a stoic, but by self-forgetting love. Summon thy soul brother man to new courage. Say to thy soul within the thick shadows even where no light enters, "My soul wait thou upon God."

The upright man will have his days of darkness, he may be sick or sorry, poor and pining as well as others; his former riches may take to themselves wings and fly away; while even his righteousness may be cruelly suspected; thus the clouds may lower around him, but his gloom shall not last forever. The Lord will bring him light in due season, for as surely as a good man's sun goes down it shall rise again. If we wish to be crowned we must fight manfully and suffer patiently. Without labor none can obtain rest and without contending there can be no conquest.

Beware of letting your care generate anxiety and unrest; tossed as you are amid the winds and waves of sundry troubles, keep your eyes fixed upon the Lord and say, "Oh, my God, I look to thee alone; be thou my guide, my pilot;" and be comforted. We shall steer safely through every storm so long as our hearts are right, our intentions fervent, our courage steadfast, and our trust fixed on God.

If at times we are somewhat stunned by the tempest, never fear; let us take breath and go on afresh. All these are but opportunities of strengthening ourselves in the loving, forbearing graces which our dear Master before us said, "Be ye perfect, even as your Father which is in heaven is perfect." Matt. 5: 48. "The disciple is not above his master but any one that is perfect shall be as his master." Luke 6: 40. So, if we would grow perfect, (and it is possible), we must be Christlike. We should "not love in word, neither in tongue, but in deed and in

truth." Arise then and press forward to perfection.

Could we but keep ourselves unspotted from the world! How much mud and mire, how many slippery footsteps, and perchance heavy tumbles might be avoided if we would tread only six inches above the crust of the world. Physically we cannot do this; our bodies cannot; but it seems to me that our hearts and our minds may keep themselves above moral mud puddles.

If a man stands between you and the sun, his shadow falls upon you. So God sometimes comes between us and worldly successes, and his shadow falls upon us, and we wrongly think it is night. Our path and our pallet, our running and our resting are alike within the circle of his observation. We may leave his path but he never leaves ours. We may sleep and forget him, still he never slumbers nor falls into oblivion concerning his creatures.

When we see the multitude of Christ's people all hanging on him, and all drawing sap and moisture and life and strength and fruitfulness from him, what can more beautifully represent Jesus and his people than the rich vine and the branches, on which grow the fullest clusters of the purest blood of the grapes? May our spiritual lives be strengthened and deepened and may we receive grace to grow stronger in our blessed Lord Jesus, conscious that growth is necessary to the salvation of every true Christian.

Turlock, Calif.

Thoughts for Young People

Forward.

Love loyally, live largely.

The soft voice is heard farthest.

Nobility is a child of self-respect.

Mr. Courtesy is squire to Sir Strength.

The sharp tongue has its root in a hard heart.

Who is afraid of the crowd may well fear for himself.

We must pay for today's idleness by tomorrow's toil.

To make a child smile is nobler than to make a king laugh.

Whoever speaks one of God's thoughts to the world is a prophet.

We have learned how to go forward when we can stand still at God's command.

Our thoughts are our life. There can be no small world and no prison for him who thinks. A thousand fold better are ideals and dreams in poverty than a visionless life in a palace.

Life is made very real to our thought when we remember that in all the experiences of joy and sorrow, pleasure and pain, success and failure, health and sickness, quiet or struggle, God is making men of us.

A person's value is not determined by his social standing. A young man may move in the most select society, because his father and mother happened to be born therein, and yet not weigh anything as a man. What we

are in ourselves determines what we are worth to the world.

A little boy was on the scales, and being very anxious to outweigh his playmate, he puffed out his cheeks, and swelled up like a little frog. But the playmate was the wiser boy. "Oho!" he cried in scorn, "that doesn't do any good; you can only weigh what you are!" How true that is of us bigger children, who try to impress ourselves upon our neighbors and friends, and even upon ourselves, and, yes—sometimes upon God Almighty, by the virtues we would like to have. "It doesn't do any good." You may impose upon your neighbor's judgment, and get him to say you are a fine fellow—noble, generous, brave, faithful, loving; but if it is not deeply true, if you are not generous, brave and loving, these fancied qualities are not moving him to be generous, brave and loving. "You can only weigh what you are."

The essential quality in the heart of friendship is not the desire to have friends, but the desire to be a friend; not to get good and help from others, but to impart blessings to others. Many of the sighings for friendship which we hear are merely selfish longings—desires for happiness, for pleasure, for the gratification of the heart, which friends would bring. If the desire were to be a friend, to do others good, to serve and give help, it would be a far more Christlike longing and would transform the life and character.

The Little People

A Child's Prayer

Saviour, holy, meek and mild,
Listen to a little child
Who, upon her bended knee,
Lifts her evening prayer to thee.

If my feet have gone astray
Since the dawning of the day,
O forgive, and make my heart
White and clean in every part.

As I lay me down to rest
Let my pillow be thy breast,
And thy gentle wings of love
Overshadow me above.

Through the silent hours of sleep
Watch and guard around me keep,
And when morn again shall break
Let me with the day awake.

—Selected.

JUNIOR LESSON FOR JULY 24

How to Have a Happy Home.—Job. 29: 1-20: Deut. 6: 6-9.

Dear Boys and Girls: This is a subject in which you ought to be greatly interested. Some of the topics for the last few weeks have been a little hard for the little people, but here is one that is not so hard to understand. "How to have a happy home." First of all children should remember that they can do a great deal in helping to make home happy. Father and mother alone can not make home happy; the children must help, and they can help. There are many things they can do if they will. Let us learn about